

# Pleasant Grove Track Meet

Thursday, May 7th  
Pleasant Grove High School  
700 E. 200 S.  
Pleasant Grove, UT

## Clubs in attendance

Pleasant Grove Recreation  
Lehi Recreation  
Manti

## Registration begins at 4:45pm (See Map for Registration Location)

We will set up a table where you can come and get your stickers if you did not pick them up in practice the day before. You will receive 4 stickers. On those stickers you will write what event your child wants to participate in. Make sure you stick the stickers on your child's clothing where it won't fall off. Usually on the inside of the shirt at the bottom is a good place. Once you have received your stickers you can go find your place in the stands and wait for the calls for your child's events. Runners will run in age groups by birth year and not by age. The birth years that affect us are:

|       |           |
|-------|-----------|
| 7-8   | 2007-2008 |
| 9-10  | 2005-2006 |
| 11-12 | 2003-2004 |
| 13-14 | 2001-2002 |

## Events start at 5:30pm (See order of events to know when to expect your events)

For each event there will be a 1<sup>st</sup> call about 15-20 minutes before the start of the event. A second call roughly 10 minutes before and a FINAL call 5 minutes before the event. Once you hear the call for an event your child must report to the bull pen. (See map for bull pen location)

Parents are not allowed on the field during the track meet so make sure to instruct your child on where to go to find the bull pen. Also instruct your child where to go after their event. After their event they should return to you in the stands unless they have another event coming right up. If they get lost please instruct them to go to the staff running the finish line. (See map for finish line location)

## Field Events

The field events are open pit. This means that you can go at any time during the track meet. If you hear the calls for a running event that you want to participate in then it takes precedence and you must go run the event and then come back to the field event when you are done with the running event.

Parents you must walk around the track on the outside of the fence to get to the field events. Please do not walk through the middle of the field. It creates a lot of confusion when there are too many people on the field.

Please come prepared with water and proper clothing.

**1. Registration**

**2. Bull Pen**

a. 50 & 100

b. 400m and Longer

c. 200m

**3. Start Line**

a. 50m

b. 100m

c. 400m and Longer

d. 200 M

**4. Finish Line**

**5. Long Jump**

**6. High Jump**

**7. Discus/Shot Put**

**8. Javelin**

